

During times like these, many may experience worry that can become overwhelming. Cigna is providing resources free of charge for all customers, clients, and communities to help manage high stress and anxiety. We've opened a **24-hour toll-free help line (1.866.912.1687)** to connect people directly with qualified clinicians who can provide support and guidance. More information is available on [Cigna.com/newsroom](https://www.cigna.com/newsroom).